

Community gardens are viewed as places for individuals to grow produce, feed themselves, and connect to their neighbors; however, the base of scientific evidence for the benefits of community gardens is limited. As a step towards understanding the impact of community gardening on gardeners and their friends and family, we interviewed new and returning community gardeners about their experiences, awareness and behaviors. Data from these in-person interviews demonstrates that gardeners benefitted in a variety of ways, and that the impact of gardening was not limited to the individual gardener. Further, gardeners also described deepened awareness, greater social capital, and psychological benefits.